

FORGING THE FUTURE



Friday FACTS

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"Leadership, Partnership, and Championship"

SOCIETY FOR RESEARCH ON



NICOTINE AND TOBACCO

NEW WEB HELP FOR SMOKERS: www.smoke-free.gov

The National Cancer Institute is proud to introduce www.smokefree.gov, a new Website dedicated to helping smokers quit. This is a commercial-free site developed using scientific smoking cessation research and provides a variety of media to help smokers quit, including online instant messaging, a Web-based quitting guide, smoking quit line (1-888-44U-QUIT), and self-help guides. Smoking cessation self-help guides are available for special populations, including Spanish speakers, African American smokers, smokers over the age of 50, and smokers who have recently quit.

Unique www.smokefree.gov features include a nicotine addiction test, a craving journal, and details on medications that can help smokers manage withdrawal symptoms. The site also provides the phone numbers and Websites for quit lines within each state via an interactive U.S. map.

Researchers and health professionals can use www.smokefree.gov to access the government best practice manuals for treating tobacco use and dependence and reports of the Surgeon General about smoking.

Organizations that provide information on smoking cessation are encouraged to link to www.smokefree.gov.

NCI's Tobacco Control Research Branch leads and collaborates on research and disseminates evidence-based findings to prevent, treat, and control tobacco use. For more information visit www.tobaccocontrol.cancer.gov, contact Dr. Jacqueline Stoddard at stoddaja@mail.nih.gov, or contact April Brubach, Health Communications Fellow at 301-451-5040 or brubacha@mail.nih.gov.

Managing Headaches

If headaches are a problem for you, play an active role in your headache treatment. Here are some suggestions from the National Headache Foundation to help you feel empowered about your headache healthcare to take control of your headaches and take control of your life:

- Recognize that you have a condition that can be successfully treated.
- Make an appointment to see a healthcare provider for an accurate diagnosis on the cause of your headaches.
- Become informed about your headache type and treatment options.
- Partner with your healthcare provider in decision-making regarding your care.
- Adopt healthy lifestyle habits to improve your quality of life.

For more information to take better control of your headaches, call the National Headache Foundation toll-free at 1-88-NHF-5552 or visit the NHF website at www.headaches.org.



"Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission."

— Ralph Waldo Emerson